

Ask anything

CAREER

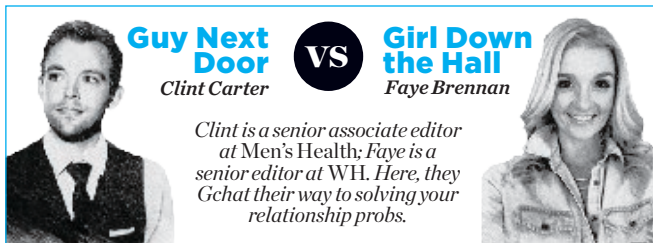
Love my new job, but they let pets in the office and I'm scared of dogs. Can I lie and say I'm allergic?

I recommend being honest. You have nothing to be ashamed of—a fear of dogs is valid. I used to hide my fear of being in a room with gum chewers. I know that sounds crazy, but I have misophonia, a rare hearing disorder that makes the sound of gum chewing physically painful. I opened up about it within the past year, and my colleagues have been incredibly accommodating. Everyone has quirks. By revealing yours, you'll be happier and more productive, and you'll give others permission to talk about their own.



Amanda Steinberg, founder and CEO, DailyWorth.com

THERE'S MORE THAN ONE WAY TO GIVE YOUR GUY THE SILENT TREATMENT.



My cell phone notifications are set to silent—and my boyfriend thinks it's crazy suspicious. We've fought a lot about it. How can I get him to stop being so paranoid?

GUY NEXT DOOR

How much do you like him? Picking battles over your cell phone doesn't point toward a long, healthy relationship. If there are other red flags, I'd consider avoiding the problem (and him) entirely.

GIRL DOWN THE HALL

But if it's set to silent for no reason—and your guy has expressed it makes him curious—just turn the sound on. Done!

GUY NEXT DOOR

Maybe, like me, you hate being interrupted by texts. Tell him you consider this *your* time. Unless he's caught you taking calls from exes.

GIRL DOWN THE HALL

This is a case of: Have you been guilty of doing shady shit before, so now he's on high alert? Or does he just have issues with insecurity?

GUY NEXT DOOR

If you're a saint and he's a raging hothead, by all means, send him packing. But if he has reason to think you might be hiding something, then you're going to have to work a little harder to earn his trust.

GIRL DOWN THE HALL

Let's not forget you're fighting over push notifications. What's next? Arguing over misinterpreted emojis? You've gotta be real with him.

BOTTOM LINE: THERE'S A DEEPER ISSUE AT PLAY. ADDRESS IT NOW OR THINGS WILL ESCALATE.

DO I NEED THOSE VEGGIE-CLEANING WIPES THEY SELL IN THE PRODUCE SECTION, OR DOES WATER SUFFICE? Straight-up H₂O is just as effective at removing pesticides. On dirtier veggies, pros recommend a produce brush.